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Christian Science Sentinel

May 29, 1976

Vol. 78, No. 22

35¢

"What I say unto you I say unto all, WATCH."—Jesus



The Circle of Unending Life

Looking for Health
in the Right Place

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Founded in 1898 by Mary Baker Eddy,
Author of the Christian Science Textbook,
Science and Health with Key to the Scriptures



Marca Registrada

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"What I say unto you I say unto all, WATCH." Jesus

Looking for Health in the Right Place

MELVIN A. HURWICK

Are we looking for health in the right place?

It is generally believed the right place to look is the body and that by taking a drug or having a portion of the anatomy removed or rearranged, health will be restored. There are those who believe health is the result of diet or exercise or climate. Others support the proposition that a search and analysis of the human consciousness will produce health.

No doubt each of these systems, and others, have in many instances established a temporarily improved human state. But have these systems provided a real basis for lasting freedom? Have they really determined what true health is and where it is located?

Health is not what it appears to be. It is not a fragile commodity subject to loss or gain. Where we err is in our assessment of the nature of health.

Mary Baker Eddy, the Discoverer and Founder of Christian

Science, departs radically from the age-old concept of the nature of health and where it is to be found. In *Science and Health with Key to the Scriptures* she writes, "Health is not a condition of matter, but of Mind; nor can the material senses bear reliable testimony on the subject of health."¹

If the material senses cannot testify to health, what does? God is divine Mind, and in this Mind the health of each individual is intact and eternally maintained. Why is this so? Because man is the likeness of God, His spiritual idea. Man is not a mass of biologically organized matter. Man's substance is spiritual. And so it is spiritual sense, the ability to perceive God and the spiritual universe, that provides reliable testimony as to health or well-being.

"I feel well," "I feel sick," or "I am in pain" is the mistaken judgment of the human mind in copartnership with the material senses. Illness is accepted in the belief that man is mortal, dominated by nonintelligent matter.

Is this judgment true?

There is no evidence in all the recorded healings of Christ Jesus that he considered matter or the body to be the source or location of health. The Master's words "Judge not according to the appearance, but judge righteous judgment"² apply to health as truly as to morality. The right judgment of health requires one to look beyond a material view of things to spiritual reality. Here health is found as a spiritual quality, which man reflects as the idea of God. Wisdom, goodness, integrity, and health are all inherent in man as spiritual qualities and can be demonstrated on this basis. They are not dependent on the physical body for their origin or their existence.

One who is suffering from a minor ailment or a serious long-standing disease has not lost his health. What has been temporarily obscured is the understanding of his true identity, or spiritual selfhood. This selfhood can in no way be allied to fluctuating health despite arguments to the contrary.

Through prayer we must look for and find this spiritual selfhood so that health can be understood and a stable sense of it established. In the degree that we hold to the truth of man, the supposed conditions of matter, including the arguments of lost health, lose their power to cause fear and anguish, and they disappear.

LOOKING FOR HEALTH IN THE RIGHT PLACE

Some years ago, to comply with our company's insurance program, I had to submit to a thorough medical examination. I was told I did not pass because of high blood pressure and a nervous organic condition, which could supposedly lead to a siege of poor health.

I was stunned by this diagnosis and became quite fearful. I had been a student of Christian Science for several years and had considered my health to be good. Although I had ample evidence that Science heals, I had not clearly discerned the fact that health—my health—was spiritually intact and not in matter, because I was God's beloved child, Mind's wholly spiritual idea.

While studying in a Christian Science Reading Room, I asked myself two questions: To what have I been giving priority? Do I believe matter can dictate the terms of my health? I became somewhat relieved of my anxiety when I gained a clearer understanding of Mrs. Eddy's statement, "Health is the consciousness of the unreality of pain and disease; or, rather, the absolute consciousness of harmony and of nothing else."³

I saw my need. It was to make my first priority a spiritual awareness of harmony, or God's loving presence, rather than a desire to heal a physical condition in order to find health.

In the weeks that followed, with the help of a Christian Science practitioner, I gained a deeper insight into my real selfhood, expressing all the qualities of God. The burdening beliefs of business pressure, false responsibilities, impatience, and self-will diminished. My fear of disease was replaced with a clearer understanding of the allness of God and the presence of health as a spiritual quality which I included.

Some four or five months later I requested a new medical examination. This time the doctor kindly informed me that much to his surprise none of the former symptoms could be found. He passed me with complete approval.

Mrs. Eddy asks, "Is a man sick if the material senses indicate that he is in good health?" She answers, "No! for matter can make no conditions for man." She further questions: "And is he well if the senses say he is sick? Yes," she responds, "he is well in Science in which health is normal and disease is abnormal."⁴

Health cannot be lost, nor can it be found materially. It needs

to be understood spiritually. As it is understood, we will look for and find it in the right place—not as a condition of matter, reported and evaluated by the material senses, but as a spiritual quality of God, which each of us, as His blessed idea, always includes.

¹ *Science and Health*, p. 120; ² John 7:24; ³ *Rudimental Divine Science*, p. 11; ⁴ *Science and Health*, p. 120.

The Circle of Unending Life

MADELINE KEENE WOOD

Many are seeking to understand more clearly the great verities of being. Indeed, one of the basic needs of humanity is to gain a clearer understanding of what life is. The futility that accompanies the material sense of life is lifted through the understanding of the Science of being, which enables mankind to overcome sin and disease. A study of Christian Science reveals that this Science is a way of life. Mrs. Eddy writes: "The real Life, or Mind, and its opposite, the so-called material life and mind, are figured by two geometrical symbols, a circle or sphere and a straight line. The circle represents the infinite without beginning or end; the straight line represents the finite, which has both beginning and end."¹

Christ Jesus taught his disciples the truth of unending Life. Understanding the Science of being, he told the Jews who questioned him, "Verily, verily, I say unto you, Before Abraham was, I am."² His clear spiritual vision enabled him to see beyond the evidence of the material senses, beyond the belief in a finite beginning, which always carries with it the belief of inevitable ending. Jesus proved the scientific truth of his statements, and his life was a living proof that he understood the Science of unending Life.

Jesus not only realized his preexistence in Life, which is God, but he also realized his coexistence with this Life. Perhaps one of his most loved and least understood statements is "I and my Father are one."³ He was here referring to his eternal unity with the qualities and attributes of his Father, divine Love. In this regard Mrs. Eddy writes, "As a drop of water is one with the ocean, a ray of light one with the sun, even so God and man, Father and son, are one in being."⁴

It was the recognition and realization of his spiritual being that enabled Jesus to accomplish his works of healing. This realization of his oneness with the Father culminated in his resurrection and ascension, the fulfillment of his mission—that is, the demonstrated proof of the eternality of Life. Christian Science reveals Life as God—without beginning or ending. Man as God's likeness expresses and reflects this Life. Life can only be expressed in vigor, in vitality, in strength, in ageless and deathless being. This is what Jesus referred to when he said, "And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent."⁵ In Life there can be no apathy, no stagnation, no morbid secretion, no death. The ceaseless activity of the law of Life acts as a law of obliteration and elimination to the false beliefs or false laws of inactivity and inaction.

In order to demonstrate this law of Life, humanity must progressively lay aside every vestige of material thinking. Mrs. Eddy states: "During the sensual ages, absolute Christian Science may not be achieved prior to the change called death, for we have not the power to demonstrate what we do not understand. But the human self must be evangelized. This task God demands us to accept lovingly to-day, and to abandon so fast as practical the material, and to work out the spiritual which determines the outward and actual."⁶

The change from a material concept of life to the spiritual understanding of Life as God goes on continually. As timeworn beliefs are laid aside and replaced with the invigorating truths of spiritual being, consciousness is purified. It is always thought that has to change. Spiritual living is being proved, in a degree, whenever a demonstration is made of the unreality of sickness or sin. As indi-

vidual consciousness is regenerated, thought awakens to the challenge that eternal life can be experienced now.

I have had occasion, several times, to prove that man reflects Life. On one such occasion I was in a distant city, where I had attended a meeting. After retiring I was overwhelmed with suggestions of weakness and fear. It seemed impossible to reach the telephone to call for help from a Christian Science practitioner. I knew this was an opportunity to prove the truths of eternal Life. Mentally I rose in rebellion against the suggestions of disease and audibly declared the truth of the presence and power of Life, God, and my continuing relationship with Life as the reflection thereof. This relationship with God, I insisted, could never be severed or broken.

Eventually it was possible for me to sleep peacefully. The next day I had no further reminder of the experience—except a deep feeling of gratitude that there had been an opportunity to prove more of my understanding of Life.

The continuous unfoldment of the ideas of Mind, acknowledged, elevates thought from a material concept of life to the understanding and realization of what life is for God's likeness. One begins to understand that Mind governs, constitutes, and controls spiritual ideas, which constitute man's spiritual identity. It becomes apparent that instead of having a mortal, material body, we are in our true being the embodiment of spiritual ideas. In the realization of this truth there is no material thought to impede or diminish the activity of spiritual ideas. The warmth of Love is felt as the ideas of Mind are realized. In this consciousness of spiritual being there can be no room for finite, material thinking. This consciousness of Life is man's life now through reflection.

Immunity from disease, and eventually from death itself, can be expressed individually as the qualities and attributes constituting Christly consciousness are lived. The Christ was Jesus' spiritual selfhood, enabling him to prove that Life is deathless. Jesus said, "I came forth from the Father, and am come into the world: again, I leave the world, and go to the Father."⁷ This unending life can be proved by all humanity.

¹ *Science and Health*, p. 282; ² John 8:58; ³ 10:30; ⁴ *Science and Health*, p. 361; ⁵ John 17:3; ⁶ *Science and Health*, p. 254; ⁷ John 16:28.

You Have What It Takes!

J. THOMAS BOGGS

In the fourth chapter of II Kings there is an account of a woman in great need. Her circumstances appeared hopeless, and she appealed to the prophet Elisha for help. In responding to her plea the prophet asked: "What shall I do for thee? tell me, what hast thou in the house?"¹ She said she had nothing in the house—only a pot of oil. But Elisha indicated that this was sufficient, and by obediently following his instructions the woman found her problem solved.

Mrs. Eddy writes in *Science and Health*, "The Bible contains the recipe for all healing."² When viewed spiritually this biblical account can provide an inspiring recipe for solving the varied problems of lack appearing in human experience. The story illustrates the practical value of spiritual truth applied to human need. When the prophet asked "What hast thou in the house?" the woman showed that she had not thought of the pot of oil as significant. Yet with Elisha's inspired guidance she saw her need met by means of the oil.

May we not liken the woman's pot of oil to the simple moral qualities we all can utilize—kindness in thought and word, more patience with our friends and associates, heartfelt gratitude for God's goodness? Often one of these is all that is needed to open thought to the great realities of spiritual being, which form the basis for demonstrating supply in all aspects of human experience. Mrs. Eddy writes, "A little more grace, a motive made pure, a few truths tenderly told, a heart softened, a character subdued, a life consecrated, would restore the right action of the mental mechanism, and make manifest the movement of body and soul in accord with God."³ Christ Jesus demonstrated the effects of spiritual understanding in his healing work.

God, divine Mind, knows nothing of lack of any kind. He is conscious of His infinite universe abundantly expressing all good. This universe is complete and ever present. Created and sustained by God, it is real and permanent, with no possibility of want anywhere.

Man lives in this divine universe. In the light of Christian Science, man is seen as an immortal idea of God. In this Science the material view of man as a limited mortal is replaced with the spiritual reality of man as the likeness of God. As the reflection of God he shows forth the divine affluence and is blessed with the inexhaustible supply of good.

Lack is a lie about man and the universe, an experience of a supposed consciousness separated from God, good. This lie may claim identity with you and me and appear to be lack in our experience, but we should never believe it. We can repudiate it on the basis of our sonship with God and our possession of good as His reflection. To steadfastly affirm the spiritual facts and align our thought with God brings into our consciousness the wisdom, intelligence, and goodness native to man as God's likeness.

It is necessary to hold thought in line with spiritual truth in spite of the evidence of material sense. This leads to the unfoldment of right ideas. The woman in the Bible story had to be obedient. So do we. She had to follow the instructions given to her. The extent of her supply would be limited only by the number of vessels she provided, and Elisha warned her against limited thinking. "Borrow not a few"⁴ was his admonition.

Each of us has God-given abilities he can utilize in working out any problem scientifically, and in doing so he benefits not only himself but others as well. It is a source of strength to realize, however faintly, that God has enabled us to demonstrate our true status as His beloved children. We should place no limits on the potentiality of this demonstration.

Mrs. Eddy writes, "Know, then, that you possess sovereign power to think and act rightly, and that nothing can dispossess you of this heritage and trespass on Love." And on the next page she adds: "You have simply to preserve a scientific, positive sense of unity with your divine source, and daily demonstrate this. Then you will

find that one is as important a factor as duodecillions in being and doing right, and thus demonstrating deific Principle."⁵

Every reader has some need to broaden thought and cast out lack in some form. And everyone has at least a spark of spiritual perception with its capability of bringing to light the ideas for right thought and action. If this perception seems slight, don't brush it aside as insignificant or irrelevant. Instead, value it and enlarge it by expressing spiritual qualities.

Everyone has something to be grateful for; so begin by expressing gratitude. Be grateful for every challenge requiring you to recognize spiritual truths of your identity as God's reflection. You can claim these facts as your own, whatever your present circumstances may be. You will then have a better estimate of yourself and your capabilities.

You can be grateful, for example, for this article and for the other articles in this publication; and these articles will supply even more ideas for right thought and action. You may be inspired by them to study the Bible and Mrs. Eddy's writings, either for the first time or with greater diligence than ever before. Then the Bible, with its spiritual significance made plain by Christian Science, will show you the way of Life. Not only will this way meet your immediate need but it will also provide continuing opportunity for progress and service.

You are unique in your identity as God's child, and you are indispensable in God's plan. Your heavenly Father has provided for you a spiritual heritage that you can claim for yourself. Don't be deceived into thinking you can't attain it. It only takes a little understanding to reveal an abundance of good, and you have what it takes!

¹ II Kings 4:2; ² *Science and Health*, p. 406; ³ *Miscellaneous Writings*, p. 354; ⁴ II Kings 4:3; ⁵ *Pulpit and Press*, pp. 3-4.

Sorrow Can Be Healed-Quickly

CORA SLAUGHTER

The long-distance call had been a great shock. I put the receiver down and quietly reached for *Science and Health* by Mrs. Eddy. It held, I knew, the healing antidote for the news that my brother had suddenly died. These were the words I opened to: "Life is divine Principle, Mind, Soul, Spirit. Life is without beginning and without end. Eternity, not time, expresses the thought of Life, and time is no part of eternity."¹

This spiritual reassurance continued in the firm declaration of a Christian Science practitioner whose prayerful support I asked for: "Don't concede for one moment that your brother was ever born into matter. What is true of him is actually true of God. His identity is eternal in God."

Of course! Man is not a mortal. The concept of a human personality so long familiar had to be replaced with the spiritual truth of man as never beginning or ending, the divine idea living in divine Principle, wholly permanent in God.

I could see that compassion, humor, keen insight, all God-inspired talents were still his, together with a continuing opportunity to express Mind's infinite diversity and individuality—always non-material, deathless, and timeless.

A feeling of personal loss was challenged with these questions: Have I lost my capacity to love my brother and all mankind? Has he been cut off from his association with Life and its innumerable ideas? Do I really understand that God is the only Life and man is Life's perpetual representative?

It became clearer that since God is infinite individuality, infinitely expressing itself forever, no one can fade out or cease to function as an original part of God's design; no one can drop out of the divine plan. Mrs. Eddy writes, "Erase the figures which express

number, silence the tones of music, give to the worms the body called man, and yet the producing, governing, divine Principle lives on,—in the case of man as truly as in the case of numbers and of music,—despite the so-called laws of matter, which define man as mortal.”²

I was healed of shock and sorrow that day. I found that what I had lost was a false sense of man. Instead, I gained the spiritual concept to be cherished and loved, an abiding affection for man’s real identity. To rise above sorrow, to really love, I needed to “make holy garments” for my brother “for glory and for beauty.”³

Personal grief indicates that one has mistakenly identified a loved one with the Adam myth rather than with the Christ, Truth. If we see man through a veil of mortal belief grown more opaque with the years, a strong spiritual effort is necessary to remove the obstruction. Sorrow means that a mistaken concept of man is claiming our allegiance.

We can realize that when material sense argues for a mortal victim, right then the spiritual expression of God, the veritable idea coexisting with Principle, Life, exists. Like an individual number, the individual identity lives on, an indispensable unit of the complete wholeness, or holiness, of Life, God.

In his farewell discourse to his disciples, Christ Jesus tenderly assured them of the eternity of the Christ: “And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever I will not leave you comfortless: I will come to you.”⁴

The Christ, the Comforter, can come in Christian Science in a moment of need, revealing man as the continuous emanation of God’s attributes, including life. Let us quickly accept the comfort of the Comforter when sorrow would attempt to strike our joy and unsettle the fundamental foundation of our faith. In a crisis the recognition of man’s true selfhood as God’s likeness can appear as a bright rainbow after the storm.

In refusing to submit to grief we are really working out our own salvation, and we are also thereby helping to heal the claims of sorrow universally. We can rejoice that all the good that is true for us as the offspring of Life is also true for all, everywhere.

Genuine brotherhood is discovered as we understand man to be spiritual and perfect.

Let us be faithful to our concept of God as Life without end, Love without limits, Soul without barriers, Spirit without matter. Truth continues. Man continues. The conscious awareness of man as the eternal reflection of perpetual Truth fills us with joy.

Scientifically correcting the belief of personal loss, we find there is only spiritual gain. There is no broken circle. God's family is a spiritual fact, never depleted, always present, and this understanding is forever included in man's individuality. The true understanding of family as the universal manifestation of our Father-Mother God, expressed in the brotherhood of man, can only grow stronger and sweeter as we advance.

We can enjoy our sense of family wherever we are, for the spiritual idea is not dependent on human ties for its fulfillment in individual experience. True brotherhood is the mutual sharing of God's love for man.

Mrs. Eddy encountered many sorrows during her lifetime. The spiritual maturity she attained in meeting and overcoming them is shown in this passage: "This mortal seeming is temporal; it never merges into immortal being, but finally disappears, and immortal man, spiritual and eternal, is found to be the real man."⁵

¹ *Science and Health*, p. 468; ² *ibid.*, p. 81; ³ Ex. 28:2; ⁴ John 14:16, 18;

⁵ *Science and Health*, p. 190.

PERSPECTIVE

A sharp shadow
has no substance of its own,
but it shows
that a strong light is present.

When my viewpoint is right
no problem can come
between me and God's light.

ELIZABETH LOUISE PITNEY

Are You Knowing the Truth or Believing a Lie?

ELAINE S. BERMAN

People are challenged daily by the belief that they and their fellowmen are victims of circumstances beyond their control, and even worse, beyond the control of God. But one can stop being a victim and become a victor by knowing what is true and what is untrue, what is real and what is unreal, what is fact and what is fable.

Christian Science teaches us to acknowledge and affirm the spiritual facts of God and His perfect creation, man and the universe, and to deny the lie, or error—anything that would threaten to interfere with or interrupt the harmonious relationship of God and His creation. Spiritual facts, or truths, are simple and logical, and they are demonstrable because they originate in divine Truth, God. Their proof and potency are confirmed throughout the Bible and particularly in the words and works of Christ Jesus. When steadfastly acknowledged and applied, these truths are unfailing and incontestable. A lie, no matter how aggressive or temptingly believable, can never contradict, countermand, or counteract the truth of God and the spirituality of His creation.

Maybe you are proving in your own life, to some degree, that man is actually God's spiritual idea, and not a mortal trying to attain better health, more supply, greater happiness, longer life. Perhaps it is becoming more natural to think of yourself as a spiritual idea, completely governed, sustained, protected, and loved by the one Father-Mother God. But are you still believing that disease is real for others, that crime is inevitable, that tragedy can strike, that inharmonious relationships are natural, or that lack can really exist? Then you are believing a lie.

The truths of Science are universal—they apply to all of God's creation. Man is spiritual, perfect, pure, joyful, safe, complete, and has eternal life. That's a spiritual fact, and anything that denies it is a lie. Whatever would deceive us into believing a lie has no power to enforce it or make it true. Mrs. Eddy says in *Science and Health*, "Christian Science, properly understood, would disabuse the human mind of material beliefs which war against spiritual facts; and these material beliefs must be denied and cast out to make place for truth."¹

At one time, it was necessary for me to make frequent visits to a relative in the hospital. As I walked down the corridors it was difficult to lift my thought above the false picture of sick mortals, and doubly so because I was seeking healing of a physical problem myself. However, I was aiming to arrive at a spiritual conclusion—a proper view of man—that would enable me to fulfill this obligation with a sense of freedom.

I knew I didn't have to merely wish that all these people would someday, somehow, find the truth of Christian Science, or to contemplate how wonderful it would be if they could think the way I was endeavoring to think, or even to entertain the thought that I could think more clearly if I didn't have to come here at all. What I had to do was to bring the spiritual facts of man into clear focus in order to dispel the distorted view the material senses were reporting.

I reasoned that because there is only one Mind, God, and man reflects Mind, every individual, in reality, already expresses the truth of himself. Man evidences perfect health, now and forever. He has never suffered from disease, struggled with it, or died of it. This is the truth, and it is demonstrable. I found peace and was able to go forward strengthened by knowing that the Christ, Truth, blesses all mankind. My own healing soon followed.

Spiritual reasoning has a healing effect in all areas of our lives. Is there conflict in the home, at the office, with a neighbor, in the world? We can affirm that in God's spiritual universe, the only universe there really is, every idea dwells in perfect harmony with every other idea. There can be no conflict. Spiritual love, understanding, and peace alone are real. Discord is untrue, unknown to infinite Love.

ARE YOU KNOWING THE TRUTH OR BELIEVING A LIE?

Do profanity and sensualism dominate our life? We can know that each of God's ideas expresses purity of thought and action and includes no immorality, impurity, sensuality. Man's innate goodness is all that is real, and sin is unreal because it is not of God. In *Science and Health* Mrs. Eddy affirms, "God could never impart an element of evil, and man possesses nothing which he has not derived from God."²

Are we disturbed by advertisements for alcohol, tobacco, and drugs, with their claims of pleasure in matter, their promises to satisfy and comfort matter? We can know that these products have no more power to stimulate, soothe, or heal than the magic potions of fairy tales. The real man is always satisfied, uplifted, sustained, and actuated by ever-operating Principle, God. Don't settle for fables when there are spiritual facts to annul them!

We cannot ordinarily pray for individuals unless we have been specifically requested to do so. What we can do is annul through consistent, consecrated prayer, the aggressive suggestions of evil that confront us hourly and daily. This kind of prayer is not a religious exercise, a rehearsal of metaphysical phrases and statements, but deep realization of the spiritual facts of being. To know what is true of God and His perfect creation, and to refuse to believe a lie, blesses and heals ourselves and the world.

Christ Jesus, who knew the truth of ideal being more clearly than did any other individual, said, "Ye shall know the truth, and the truth shall make you free."³ With the enlightened understanding of our true, spiritual being—and a life in conformity with it—we can go further and proclaim: "I know the truth and the truth has made me free!"

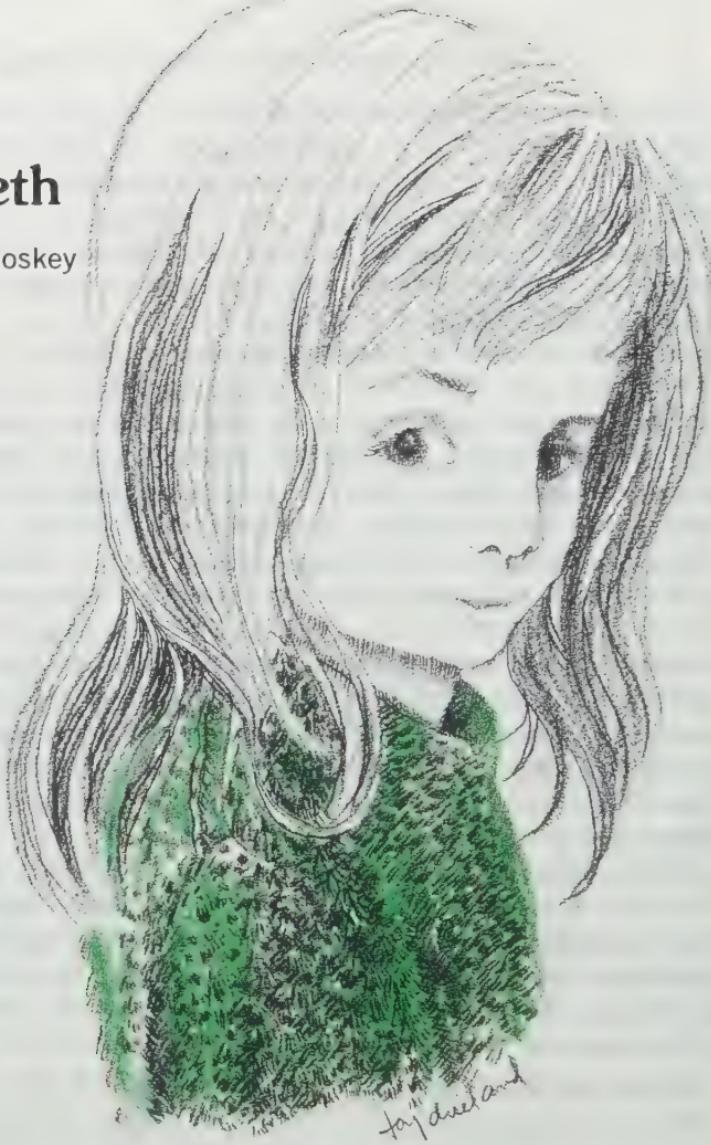
¹ *Science and Health*, p. 130; ² *ibid.*, p. 539; ³ John 8:32.

*Blessed are they which do
hunger and thirst after righteousness:
for they shall be filled.*

Matthew 5:6

The Real Elizabeth

Jane D. McCloskey



Elizabeth was having a hard time with her temper. If anyone crossed her, or even corrected her when she was wrong, she would become angry. She would say words she didn't mean to say. Sometimes she threw things, like chalk and erasers.

The children at school knew that Elizabeth had a temper. So they began to tease her more and more.

By the time she was in the third grade, Elizabeth frequently lost control of her temper. She was often sent to the principal's office. Though her mother and father scolded her and took away her privileges, she didn't seem able to change her bad habits.

Then she thought of talking to her grandmother. Elizabeth went to a Christian Science Sunday School, and her grandmother was a member of that same branch church, so they often attended together.

Grandmother reminded her that she was in reality the child of God and therefore perfect. This was true of all the other children as well, and everyone she came in contact with each day, whether they knew it or not. She must work to see herself as she really was. They studied these words by Mrs. Eddy in *Science and Health*: "The real man being linked by Science to his Maker, mortals need only turn from sin and lose sight of mortal selfhood to find Christ, the real man and his relation to God, and to recognize the divine sonship."¹

Elizabeth decided to express the qualities of this real man instead of acting like an imperfect mortal. She promised herself and her grandmother that she would think loving, Godlike thoughts about those around her, regardless of how they were acting or talking.

Her grandmother told her of a television show called "To Tell the Truth." In the show three people all claim to be a certain person, but only one of them is that person. After a questioning period, the host of the show says "Will the real Mr. So-and-so please stand up?"

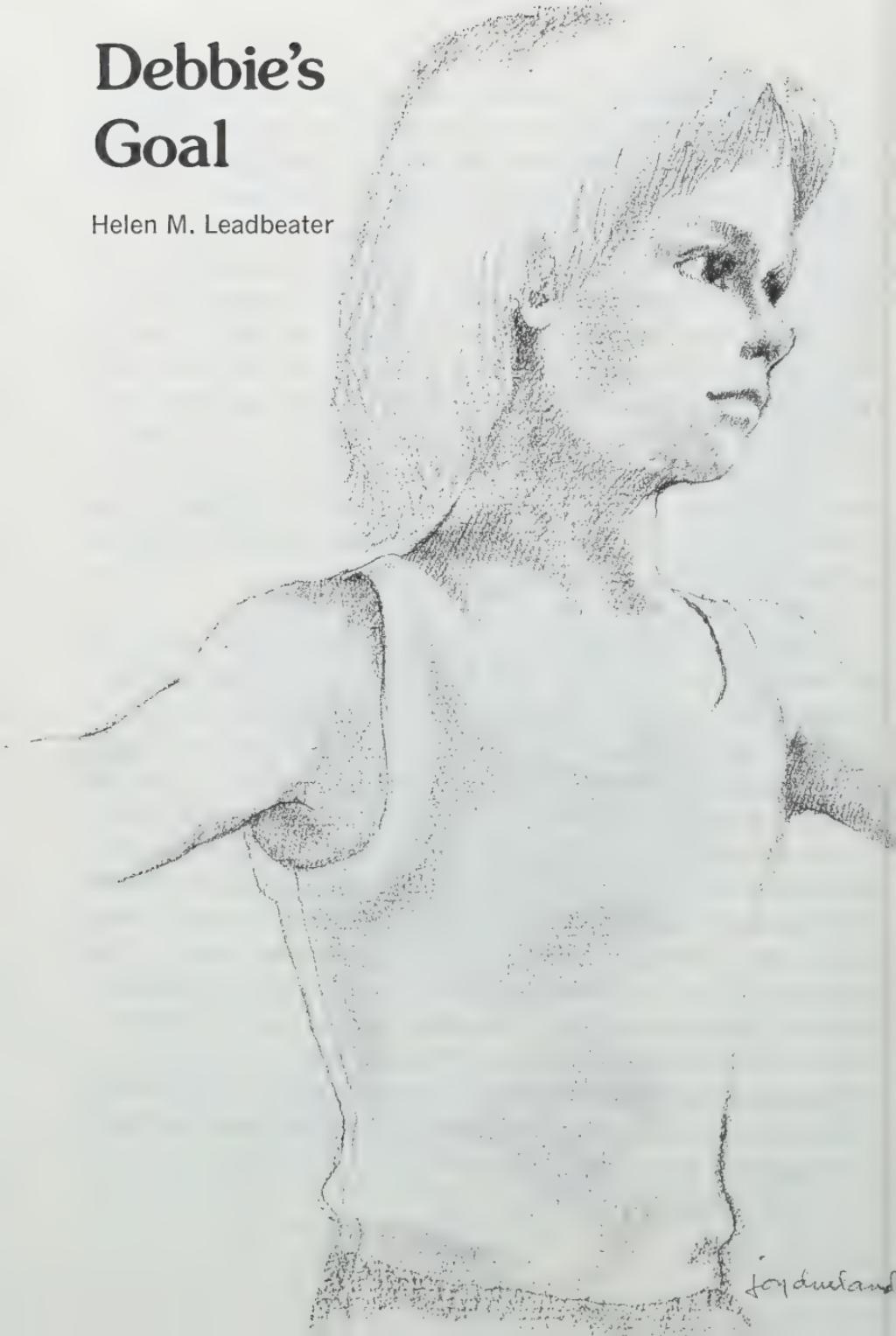
Elizabeth learned to say to herself "Will the real Elizabeth please stand up?" whenever she was tempted to become angry. The temptation came less and less often. Those around her began to act more kindly toward her. Soon there was no display of temper, because she knew it was no part of her real self.

Elizabeth had shown what is meant by the Bible verse, "God created man in his own image, in the image of God created he him; male and female created he them."²

¹ *Science and Health*, p. 316; ² Gen. 1:27.

Debbie's Goal

Helen M. Leadbeater



Most people have goals. Some really work at them, some just dream about them. Maybe the latter figure they don't have a chance, so they don't want to try and fail. Or maybe they don't pick their goals wisely to begin with.

A friend of mine, named Debbie, had a goal that was really important to her. She wanted to be a cheerleader when she went to high school the next year. She started practicing months ahead. She learned how to lead all the school cheers, and she worked out on the trampoline.

And she prayed. Meaning, in her case, she asked God for His help. When school started and the cheerleader tryouts drew close, she prayed a lot harder.

But after the tryouts, she was miserable and talked with her Sunday School teacher. "Prayer doesn't work," she told her. "I prayed, and I practiced. I did everything I could. But they didn't choose me."

"Debbie," her teacher asked, "can't you trust God to supply what is best and happiest for you?"

Debbie looked a bit doubtful, so her teacher explained: "Instead of asking God to do us a favor or to give us some special thing we want, we need to be *willing*. We need to be willing to accept God's guidance, no matter where He leads us."

"It's good to aim for some worthwhile achievement, like being a cheerleader," her teacher added, "but in our prayers we still need to give up self-will and to pray as Christ Jesus did, 'Not as I will, but as thou wilt.'¹ God's will brings good to us and to everyone, greater good than we can outline."

"Debbie, your prayers have not been wasted. Neither has all your hard work. And when you find your goal fulfilled, it isn't going to mean that someone else is done out of her goal."

She suggested that Debbie study the following sentence by Mrs. Eddy in *Science and Health*: "In the scientific relation of

God to man, we find that whatever blesses one blesses all, as Jesus showed with the loaves and the fishes,—Spirit, not matter, being the source of supply.”²

We may think we have to compete with others for our goals, and that can lead to fear we will fail. The truth is that God has unlimited ways to bless us all, and as we are willing to love and trust Him, wonderful things happen. Sometimes in ways we could never have expected or even hoped for.

A hymn in the *Christian Science Hymnal* says it this way:

No eye hath seen, nor tongue declared,
Nor hath it entered heart of man,
To know what God hath here prepared
For them that love and trust His plan.³

My friend Debbie found this out. Shortly after she had failed to be chosen as a cheerleader, someone invited her to try out for a very special track team. She did, and won a place on the team. All her vigorous preparation for cheerleading turned out to be just what she needed for this new activity.

She had a wonderful year. The kids on the track team became very close friends. Besides that, they set some new records in their area.

As it happened, the next year Debbie did get chosen as a cheerleader and enjoyed that activity for the rest of high school. But now it didn’t seem so important to her anymore. She had learned that God answers our prayers in wonderful ways. When we pray to Him and are willing to trust Him, the results are always good.

The Bible promises us, “God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work.”⁴

¹ Matt. 26:39; ² *Science and Health*, p. 206; ³ *Hymnal*, No. 188; ⁴ II Cor. 9:8.

Back to Toowoomba

Janet McIntyre

During the school holidays several young Australian boys decided to hike through bushland to a favorite picnic spot called "The Seven Mile Caves." It was seven miles from their hometown of Toowoomba.

They set out bright and early one morning and had a day of exploring caves, swimming in the clear, cold stream, cooking their midday meal over a smoky fire and swinging on monkey-ropes from tree to tree. When it was time to go home, they were careful to put out the camp fire and gather their belongings. Then they set out.

But the return journey seemed a long way, and when one of the boys said he knew of a much shorter track, they let him take the lead.

After tramping a long time, they were no nearer the main road into town. In fact they were lost. The boys sank down under a tree to rest. They were hot and thirsty and by now a little afraid. It was growing late, the evening shadows were already lengthening. Soon it would be dark, and their parents would probably be getting anxious.

Two of the boys were brothers and attended a Christian Science Sunday School. Before they left home that morning, their mother had reminded them of the ever-presence of their loving Father-Mother God. To assure them of their perfect safety throughout the day, she read to them these two verses from a favorite psalm: "The Lord shall preserve thee from all evil The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore."¹

So now, feeling tired and scared, the brothers reminded each



other of these truths, that as children of God they had never been out of His loving presence, because in Him they lived, and moved, and had their being,² as the Bible says. This same good God is Mind and knows all things. As spiritual man is a reflection of Mind, he knows everything necessary.

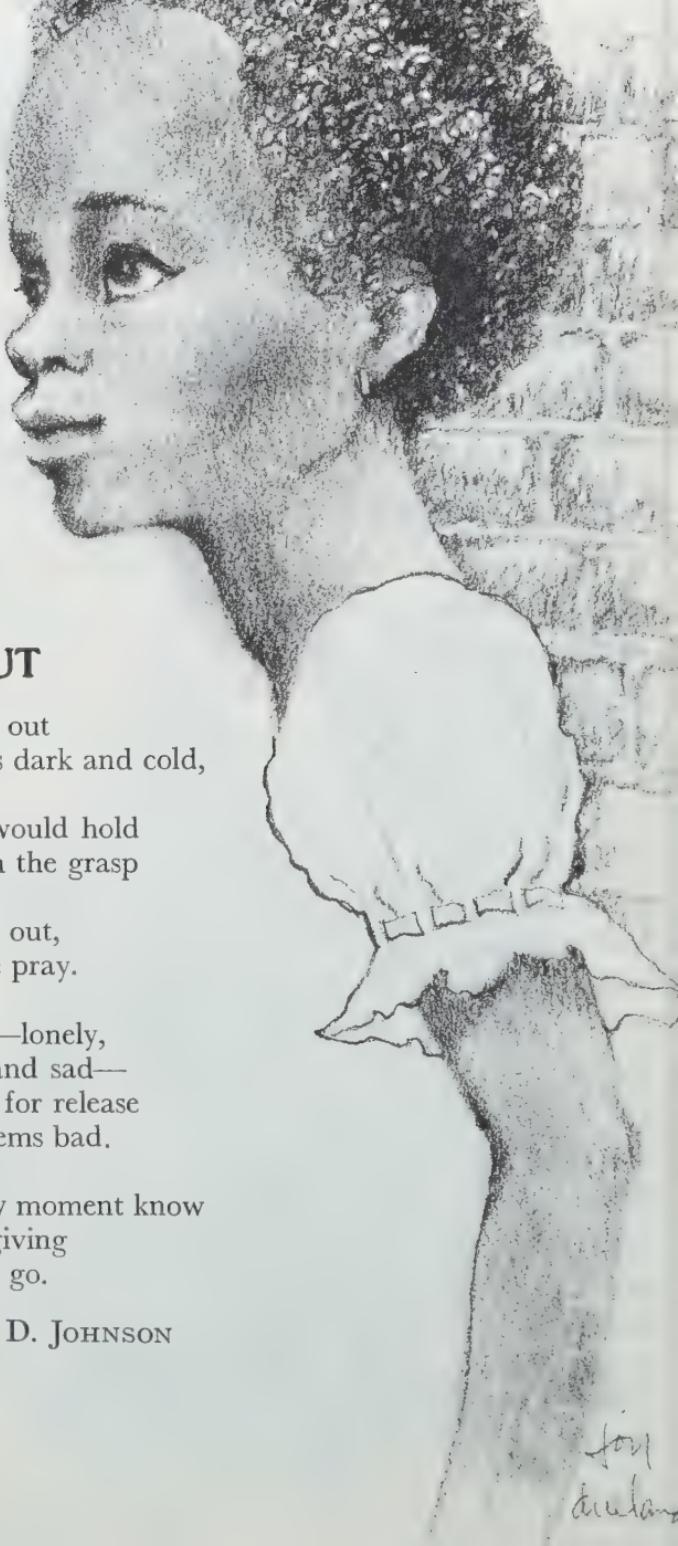
They suddenly remembered a sentence they had often read from the Christian Science textbook, *Science and Health* by Mary Baker Eddy, "Love inspires, illumines, designates, and leads the way."³ Also they recalled these lines by Mrs. Eddy from a hymn: "Shepherd, show me how to go/O'er the hillside steep."⁴

By now they felt more cheerful, and after a few minutes it occurred to them to climb a high tree and look for a familiar landmark. From the top of a tree one of the bigger boys saw an electric light pole not too far away. They soon reached it, and by following the overhead line, in a short time came to the main road about ten miles from town. They trudged along the road until they reached a service station where the two brothers could phone their mother to come and pick them all up in the car.

The boys waited in the shelter of the service station and sipped a cool drink the owner gave them. They soon got over their weariness, and when the family car appeared on the scene, they couldn't scramble into it quickly enough.

The boys' mother thanked the owner of the service station for his kindness, and the boys soon ate all the fruit she had brought for them. They sang all the way home in the car. When the other boys had been delivered to their different homes, the two brothers had a warm bath and an extra good supper. When their father came home, they told him their story, and they all agreed it was God's love that made them stop being afraid and led them to safety. They'd had a real adventure!

¹ Ps. 121:7, 8; ² See Acts 17:28; ³ *Science and Health*, p. 454; ⁴ *Christian Science Hymnal*, No. 304.



COME OUT

We can come out
from all that's dark and cold,
from poverty
and all that would hold
God's child in the grasp
of evil's way.
We can come out,
proving as we pray.

We need not—lonely,
hopeless too and sad—
stay yearning for release
from what seems bad.
Joyous, daily,
we must every moment know
that Love is giving
us the way to go.

MILDRED D. JOHNSON

Editorials



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How Truth Routs Error

There are metaphysical truths by which we can dispose of errors of every kind. These truths come from Truth, God. Truth has the energy and restless will to show itself. It alone can affirm itself. Whatever is not of Truth cannot. That which is of Truth is true and spiritual. And there is nothing else.

Admitting there is something else than Truth and its effects is what brings about our problems, and those of mankind in general. This admission itself is an error. Metaphysically it's a nonevent, for there is no actual admirer of error in the infinitude of Truth. Error, Truth's opponent, would argue that it is self-generating. This would be a paradox, for it has no genuine self. Error's would-be contradictions of Truth are error's destruction. To see this is to be close to routing specific problems, whether domestic, physical, or social.

Corporeal, personal man—unreal, illusive, illegitimate—suffers what material consciousness seems to manifest of itself. But this whole scenario of a mortal man—constricted and often troubled—swimming through a physical span of life is misconception. The misconception only appears, and continues, to a misconceiver. The error and the erring are one in their illegitimacy and nothingness. The real, spiritual man's being is comprised of what Truth expresses of itself. Through Christian Science we can spiritually see and humanly evidence that we have no experience other than that which Truth plans.

When we seem to be a victim of fever, suffering, poorness, futile battles for justice, this is error, the claim of mortal consciousness, believing its own mistakes to be true. "Error rehearses error,"¹

Mary Baker Eddy says in *Science and Health with Key to the Scriptures*. Truth never rehearses error or contemplates it; nor does man, Truth's idea, ever rehearse error or contemplate it. Truth is infinite and is conscious always of itself, never of its opposite. Any believing we may have that something somewhere is wrong can be treated with confidence and without fear, for such believing is essentially nonaction—illusion rehearsing illusion.

Are we defenselessly sandwiched between Truth and error, lacking access to the former and suffering the latter? This may too often seem to be the way it is. But it's not. Unchallenged, this seeming brings about any seesawing between good and bad in our life. But we are not helpless. We can reason from more spiritual foundations. In scientific logic Truth inevitably assumes its natural and eternal role of maintaining error's nothingness by maintaining its own omnipresence. As our beliefs give place to Truth we become better demonstrators of Truth. Our conscientious striving to work from a spiritual, scientific basis is blessed by divine Truth. And we do better when we know that we, as Truth's endlessly loved ideas, are not just observers of Truth's reality but are part of it.

Truth blesses and enriches human sense by manifesting its perfect, divine nature just where material sense would appear to be manifested in disease or conflict. Healing of things that are wrong is divinely natural because Truth applies itself to the human situation by perpetuating itself as All. Through the spiritual utilization of this fact we see more good in our lives and less of the not good. Truth itself brings about this blessing when we affirm Truth and deny reality to matter. Mrs. Eddy states: "So long as matter is the basis of practice, illness cannot be efficaciously treated by the metaphysical process. Truth does the work, and you must both understand and abide by the divine Principle of your demonstration." ²

What about prayer for the world? We help rout what is humanly wrong by honoring what is divinely real—as we realize that we're not dealing first of all with an outside world of overwhelming woes but with our image of the world. And our image of the world will be much more precise (far more in accord with reality, and hence more healing) as we grow in the apprehension that Truth is actual and error is not. Basing our thought and lives on this is a potent way of applying universal Truth to earth's concerns.

Yet the term "apply" can be misleading. We don't apply Truth to worries as we would apply paint to a wall to simply cover a blemish. To divine Truth there are no worries. To Truth, ailing, suffering, failing, are untrue.

We apply Truth best by claiming its presence, not by endeavoring to take ideas out of the spiritual realm and aiming them like slingshots at the material Goliaths we believe we're faced with in a supposed world somewhere beyond the spiritual realm.

Our quest for a more Truth-filled life is a natural and right one, and divine Truth blesses it because Truth is Love. Christ Jesus explained compassionately to the woman at the well: "The hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. God is a Spirit: and they that worship him must worship him in spirit and in truth."³ Christian Science teaches in today's terms how we can prove God's nature as divinely true. The admission of divine reality is the great overcomer of what is erroneous. Christian Science shows how all of us can demonstrate that any sense of error is erroneous reasoning on the part of an erroneous consciousness and is this false mentality's arriving at wrong conclusions. The truth is that Truth is now triumphant everywhere.

GEOFFREY J. BARRATT

¹ *Science and Health*, p. 188; ² *ibid.*, p. 456; ³ John 4:23, 24.

To Prove Our Strength

At school and on the playground it often seems important to gain respect. Some people think that a good way to do this is to prove through a show of force that they are as strong or stronger than others. Often children feel such pressure to do this that they become violent. They push the others around and try to impress by being rough. And it's not only children who do this. Older people sometimes do it too.

But this is not a good way to prove one's strength. Violence leads to trouble for everyone. In the long run it makes one unpopular.

Nobody likes a bully. Besides, it really displays weakness, not strength.

The Bible shows a better way of proving our strength than by being physically rough or mentally tough. It's a spiritual method, and one that anyone can use—both boys and girls, men and women. It's simple to learn, and it's good to start using it as soon as possible, when you're very young. If you do, you'll find it easy to follow, and people will respect you all through life—just as people respected David, the great man of Old Testament days, from the time he was a youth until he was old.

David is one of the strongest men we hear about in history. He is well known as a great leader of his nation. He saved his nation from a powerful enemy when he was still a boy, and he became so highly respected that later on he was made king. How could this have happened to someone who had been brought up in the country and knew so little about the world?

David once told his secret in a song of gratitude to God. He sang, "God is my strength and power: and he maketh my way perfect." And a few verses later he went on, "Thou hast also given me the shield of thy salvation: and thy gentleness hath made me great."¹

Even when David was a child he had learned to love and trust God. He used to look after his father's sheep on the mountain slopes. He had to find the skill and courage to drive away the wild animals that came to attack the flock. But the lambs were protected. David had faith in God's gentle love for all His creatures and His power to keep them safe. This understanding gave David strength to destroy a lion and a bear bigger than himself when they threatened to harm the sheep.

It was the same understanding of God's power that enabled him to overcome Goliath, the giant who fought on the side of the enemy in his country's battle with the Philistines. When Goliath shouted threats at the armies of Israel, David ran toward him fearlessly and aimed a single stone at him with his sling. The stone killed the giant, and once more David proved the power of God to keep His people safe.

At this same time David's conviction of God's all-power brought recognition of his own greatness. Instead of belittling him as they

had before, the people honored him as somebody to respect. The same can happen to you—to anyone who puts God first in his life and acknowledges Him as the only power.

Christ Jesus said, "Blessed are the meek: for they shall inherit the earth."² Anyone can prove this.

Meekness is not weakness. To be meek is to be courageous and strong like the boy David, by knowing, as he did, that God is man's strength and power. This acknowledgment of God's all-power makes you strong. You find you're not afraid of anything. You can deal with any situation fearlessly.

God is Love, and Love appears to us in kindness, gentleness, compassion, helpfulness. When we meekly know that God, Love, is all-power, we express these qualities ourselves and see them expressed around us.

If we are wise, we will never try to impress others with our strength by threatening them with a display of physical power as Goliath did. Instead we will follow David's example by destroying threats and violence with the knowledge of the presence of God's power, expressed in love and gentleness.

When we do this, we truly prove that we are strong because we are reflecting God's strength. Mrs. Eddy says in *Science and Health*, "Meekness and charity have divine authority."³ Christian Science shows that all power belongs to God. When we acknowledge this fact and trust in Him, we reflect His power and display it in ourselves.

NAOMI PRICE

¹ II Sam. 22:33, 36; ² Matt. 5:5; ³ *Science and Health*, p. 270.

*This day is holy unto the Lord
your God; mourn not, nor weep. . . .
For the joy of the Lord
is your strength.*

Nehemiah 8:9, 10

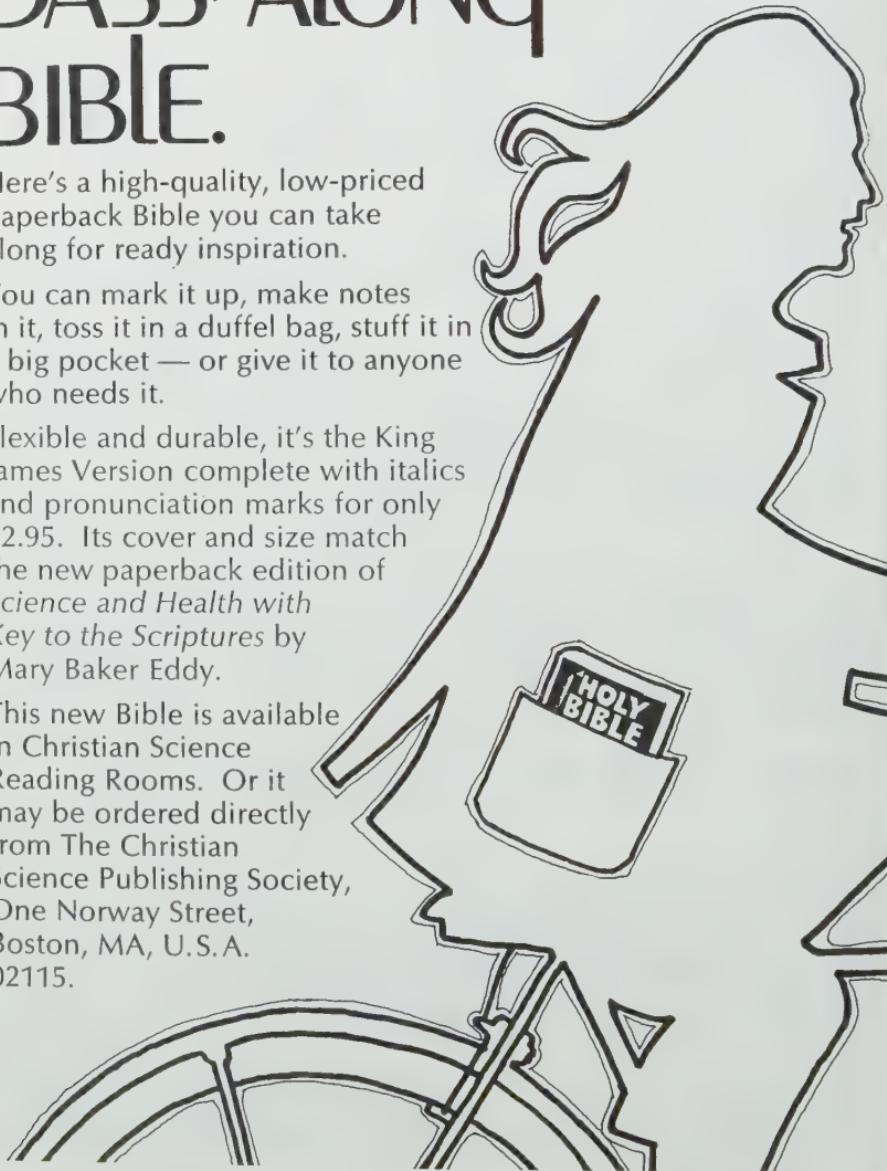
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Testimonies of Christian Science Healing

The final one hundred pages of *Science and Health with Key to the Scriptures* by Mary Baker Eddy are filled with testimonies of healings brought about solely by study of the book. In most instances the healings came about with no special treatment given to meet the particular inharmony. No specific support was sought from other Christian Scientists; no Christian Science practitioner or nurse was engaged by the person healed.

This still happens. People are healed by opening their hearts to the truth in *Science and Health*. Before and during the years of World War II, I experienced three welcome and permanent healings through just such study of *Science and Health* along with the Bible. I had not yet had Christian Science class instruction to help me organize my study and prayerful research, but I persevered with daily study of the Lesson-Sermon citations in the *Christian Science Quarterly*.

The first healing was in Los Angeles. I was just out of the Navy and back in college. The smoking habit, which I had picked up during pre-Navy college days, became heavy and habitual during the four years aboard ship. So did the drinking. I knew that neither smoking nor drinking was compatible with Christian Science and I really wished to be free of them.

In a paragraph in *Science and Health* where Mrs. Eddy speaks of prayerful desires, she writes (p. 1), "Thoughts unspoken are not unknown to the divine Mind." Without my doing any specific study other than sticking close to the Lesson-Sermon, the enslaving

The statements made in these testimonies with regard to healings have been carefully verified. The original testimonies and their respective verifications are on file for reference with The Christian Science Publishing Society.—THE EDITORS.

desires to smoke and drink left. All at once they just vanished! That was in the early 1940's, and the freedom has remained.

Later, back in the Navy, I was aboard a destroyer in combat in the Pacific in World War II. When enemy aircraft bombed us there, I was nearly paralyzed with fear. On our return to friendly waters, I began to fulfill my pledge made during combat to study Christian Science more vigorously and with more constancy. I had to destroy fear, and I knew Christian Science could do it.

Mrs. Eddy writes (*ibid.*, p. 454), "The understanding, even in a degree, of the divine All-power destroys fear, and plants the feet in the true path,—the path which leads to the house built without hands 'eternal in the heavens.'" As my search for spiritual understanding continued through consistent study of the Lesson-Sermons, I began to feel more of the calming presence of divine Love in subsequent battle actions. Each time the fear lessened. Then, near the end of the war, for a month and a half we were under continual attacks by planes diving on our fleet, but at no time did I know fear. It seemed incredible. It wasn't bravado because there just was no fear to overcome. Even when one plane eventually crashed on us and we caught fire and began to sink, I was able to carry out damage repair duties feeling absolutely fearless.

There is no human explanation for this. It had to be that I was gaining in a degree some consciousness of the presence of the divine All-power that destroys fear. I persisted in studying the lesson almost daily (battle conditions notwithstanding), and with one other officer aboard, held "church services" on Sundays in my cabin. Daily I found it easier to be certain of God's presence, and by turning to Him, I was letting Him care for me.

As the divine Mind leads from bad habits and destroys our fears, it likewise leads us into peace and joy. My marriage is an example. While in Pearl Harbor, I suddenly became certain one day (it was an overpowering affirmative certainty) that it was right to marry a girl then in Chicago whom I had known but a few weeks. We had never discussed marriage, and until then marriage hadn't entered my thought. There was such absence of doubt that I didn't even ask her to marry me. I just sent a wire requesting her ring-finger size. Later she told me how she herself had asked God what He wanted her to do about marriage. Mrs. Eddy writes

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(*Science and Health*, p. 559), "The 'still, small voice' of scientific thought reaches over continent and ocean to the globe's remotest bound." The thousands of miles between Honolulu and Chicago were no hurdle.

In all three of these clear-cut victories, I did no specific metaphysical work other than serious daily study of the Lesson-Sermon. There is no question of the transforming power of Truth, but it was so quiet that I recall no light shone on a wrong thought that needed to be weeded out; no specific truth rang a bell. It was consistent study, most of the time at sea or in foreign ports, and by myself.

Other demonstrations of the power of God to help us when His presence is accepted into our thought have continued in our family.

Our four children had few of the so-called children's diseases, and were quickly healed of those they did encounter. Almost every morning during their growing years, we spent fifteen minutes together before breakfast learning of God's goodness, presence, and power, and also of the status of all of us as His children.

It is good to have available the divine Science that can dissolve errors of belief, making clear the presence of our Father-Mother God—if we will but lean on Him.

WILLIAM S. WARREN
Austin, Texas



Some fifty years ago, out of sheer curiosity, I picked up a small black book lying on a table in the home of the woman with whom I was staying. It was *Science and Health* by Mrs. Eddy. It meant absolutely nothing to me at the time. I had never heard the words Christian Science.

I was then wearing glasses and had been told by a fine oculist I would need them all my life. After reading but a few minutes at different times in this book, I discovered I no longer needed glasses to read. Later, at the request of my mother, I had the same man test my eyes and he pronounced them normal. I sew and read today without aid. To me this has always remained definite proof

of the efficacy of the truth that speaks to us from the pages of *Science and Health*, as well as from the Bible, and the durability of this truth.

More recently, while I was visiting a friend in the country, one morning I suddenly found it impossible either to stand or walk. As I was a visitor far from home, it seemed wise to call for Christian Science treatment, which I did. I telephoned a practitioner at some distance. In a matter of hours the mesmerism of fear was broken, and I was free of all the symptoms of illness. This healing has remained permanent.

Down through the years I have had many proofs of God's care, protection, and guidance. Class instruction in Christian Science has enhanced my understanding of God's presence with us at all times. The annual association meeting continues this blessing. I am truly grateful to God for His revelation to Mrs. Eddy of the divine Science of Christ Jesus' healing, and for giving us this key to the Scriptures.

(Miss) GARDA FOGG
Lacey, Washington



One day at school it was time for me to go to band practice. My friends and I were looking forward to practicing on our instruments because of the fun we have. The reasons I like band are the harmony, the togetherness, and our teacher. He is kind and has a sense of humor, which comes out when he tells us if we are doing well or not.

On the way to practice, my friend Kevin said, "We have a concert in a month and a half." Wayne said, "I hope we get our pieces today." I was thinking while my friends were discussing the concert, "We'd better practice hard so we sound good and please the audience."

Then our recess teacher blew the whistle. Everyone lined up. As we were lining up, a teacher who was playing football was passing the ball to one of my classmates. The ball was underthrown and was coming right at me. I tried to catch it so it wouldn't

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hit me hard. The ball hit the end of my finger and threw my knuckle out of place. My finger started to swell, and it bothered me.

When I got to the practice room I found I couldn't pick up my trombone to play the music. My band teacher told me to go to the office because the finger was so swollen. I prayed to God to help me. I remembered what Mrs. Eddy says in *Science and Health* (p. 494), "Divine Love always has met and always will meet every human need." I went over and over this statement, making sure I understood what it meant.

When I got home, I telephoned a Christian Science practitioner. She wasn't home at that time, so I went right straight to my *Science and Health*. I opened to a passage I knew. It starts out (p. 468), "What is the scientific statement of being?" The answer begins: "There is no life, truth, intelligence, nor substance in matter. All is infinite Mind and its infinite manifestation, for God is All-in-all."

After I prayed with this in mind, I looked at another question (*ibid.*, p. 475), "What is man?" The answer Mrs. Eddy gives begins: "Man is not matter; he is not made up of brain, blood, bones, and other material elements. The Scriptures inform us that man is made in the image and likeness of God." I tried to reach the practitioner again, and she was home. I asked her to help me have a complete healing. She said she would pray for me and told me to look at verse eleven of the ninety-first Psalm in the Bible. She said, "Read it until you understand what it means." When I read "He shall give his angels charge over thee, to keep thee in all thy ways," I felt closer to God. As I thought of these statements, I knew He was taking care of me.

I found the rest of my family praying by singing hymns from the *Christian Science Hymnal*. Then at that minute my finger cracked back into place. The swelling went down quickly, the knuckle was back in place and normal. My family and I thanked God for this wonderful healing.

I was glad to be able to play my trombone again so soon and to play in the concert.

DAVID CLINE
Myersville, Maryland

A few of the many healings enjoyed by our family were published in a testimony in 1958. Shortly after that I had a healing in which what appeared to be imminent death was overcome through complete reliance and trust in God, Truth.

I had been prayerfully studying and applying Christian Science to subdue a painful heart condition. Occasionally I asked for treatment from a Christian Science practitioner. One night I awakened to find I had no breath, no speech or movement. I could not ask for assistance. Fear said to me, "This is the end of your mortal existence." I did not consent to it. I knew I was needed here; there was important work to be done here; this attack was unjust. In consciousness I rose in rebellion and rebuked the suggestion. I denied death, and I denied heart disease, with all my strength saying, "I will never accept you." I knew God, Spirit, is All-in-all and there is no dividing line in His allness; that there is no place to go, just God's allness; that here and hereafter are only words; that there is no death, no disease in the allness of God. I continued declaring these truths. There was not a moment wasted in fear or thought for myself. In retrospect I realize holding to the allness of God was the right way to pray, because His allness includes man's perfection.

When my eyes opened to morning sunlight, I was full of wonder at Truth's victory. Life seemed new and fresh and very precious. Then all the disease symptoms returned but did not take hold, for I felt quite apart from the physical state and held to God's allness that day. Then all the symptoms completely left me.

For a year following this healing I felt above and unimpressed by little things that can fuss up this material life. Mrs. Eddy writes of Christ Jesus (*Science and Health*, p. 46), "Jesus' unchanged physical condition after what seemed to be death was followed by his exaltation above all material conditions." My healing experience gave me some understanding of this exaltation of the Master. I had never before known such a quiet sense of God's allness. It could only be the result of the prayer that night.

Six years ago my husband and I were on a motor trip. While nearing the top of a hill, a car bounced over the top in our lane and there was a head-on collision. Our car was heavy, but it was a useless wreck. When my husband found he could move, he picked

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me up. I appeared not to be breathing. He prayerfully voiced the truth, and I took a long deep breath. Our day had begun as usual with quiet study of the Bible-Lesson in the *Christian Science Quarterly* and other prayerful study. I felt greatly protected and peaceful because of this. Only outside wounds were bandaged, no medication was given. There was very little pain. We were able to fly home in a few days, where healing continued until it was complete.

From comments made by others acquainted with similar circumstances, it was remarkable that I recovered. I credit the calm trust we had gained through regular study of Christian Science as having demonstrated the restorative life-giving power of God. What can be more precious than an understanding of divine Love, God, ever present to meet the human need?

I am grateful for the dedication of the workers at the Christian Science Center in Boston, and I feel gratitude and love for every Christian Scientist throughout the world who, through Christ, is helping to master sin and death.

(Mrs.) GWENDOLYN HOBSON
Vancouver, British Columbia, Canada



From the time my brother first got his new gym bar we were raising and lowering it. One day we lowered it and were doing something called a "back pull-over." It is a stunt where you go under the bar and up on the bar. When I did it, right in the middle of it, the bar fell, and I landed on my neck and shoulder and bumped my face.

My mother and sisters helped me to our couch. Right after I got on the couch, my sister telephoned a Christian Science practitioner to pray for me. I slept a bit. When I awakened, my mother was sitting on the couch smiling at me. I asked some questions because I couldn't remember much and I was scared. My head and back hurt, and it hurt to breathe. We kept in touch with the practitioner. I kept falling asleep. Each time I awakened I was feeling better. By the middle of the afternoon I was up and around and feeling fine. The practitioner told us to know that I was a

CHRISTIAN SCIENCE SENTINEL

spiritual idea of God and could not be hurt. She also referred to the answer to the question "What is man?" in *Science and Health* by Mrs. Eddy. One portion reads (p. 475): "Man is idea, the image, of Love; he is not physique. He is the compound idea of God, including all right ideas."

I am so grateful for this healing. I am also grateful for the spiritual truths I learned in this experience and for the facts of God and man I am learning in a Christian Science Sunday School.

WENDY OLIVER
Hamilton, Massachusetts

I wish to verify my daughter's testimony concerning the healing of the effects of a fall. There seemed to be disorientation, difficulty in breathing, and much pain, all of which were healed within hours.

(Mrs.) PATRICIA E. OLIVER



Several years ago I had a fine healing, which I wish to acknowledge at this time. I am now able to carry on and enjoy many activities again.

The illness was sudden. There were pains in my limbs and neck and head. It was difficult to get around and soon I was confined to a chair and bed. I was very grateful to my family, who are not Christian Scientists, for lovingly assisting me in every way. When the healing didn't come, however, the family became fearful. Finally my son begged me to see his doctor. After much prayer I submitted to this to quiet my son's fear. The doctor diagnosed my condition as a crippling form of rheumatoid arthritis for which there was no cure. He said he could give me something to alleviate the pain. I refused this and thanked him and my children, but I said I wanted to rely completely on Christian Science.

I knew God was my only physician, and I wanted no other. I couldn't handle my books at first, and I found the nights very long. I did feel God's presence, and I had all the tools—the Bible, *Science and Health* by Mrs. Eddy, and Christian Science class instruction. I began to ponder and to apply the spiritual facts I had learned, and they came to my thought in great abundance.

TESTIMONIES OF CHRISTIAN SCIENCE HEALING

I knew I was God's beloved child, made in His image. This image I could *claim* as mine, spiritual, whole, God-governed, God-controlled, God-motivated, and God-activated. Nothing could separate me from divine Love. God couldn't experience this suggestion of pain and neither could His likeness. I'm grateful for the support of a Christian Science practitioner who treated me through prayer for a time, until my thought was uplifted and I knew I could prove God's healing power with me.

The twenty-third Psalm became more meaningful as I again began to walk. I felt grateful to God who leads so gently, yet firmly, in the way prepared for us to accept. Soon I was again using my hands, with some difficulty, but joyfully. I lived daily and hourly with the truths in the chapter on Christian Science Practice in *Science and Health*. These met my daily needs.

I learned to reverse every suggestion of age, immobility, depressed thought, exchanging them for thoughts of gratitude for all the good that was mine, for God's great love for me, and all mankind. Soon I found I was able to put self apart from thought and pray for loved ones, for our Sunday School, church, and all its activities—for our country. It was then real progress came forth. I became more loving and kind. I'm so grateful for a better understanding of God. I want to be a better Christian Scientist and a better church member.

One citation I particularly used and loved was from *Science and Health* (p. 417): "Maintain the facts of Christian Science,—that Spirit is God, and therefore cannot be sick; that what is termed matter cannot be sick; that all causation is Mind, acting through spiritual law. Then hold your ground with the unshaken understanding of Truth and Love, and you will win. When you silence the witness against your plea, you destroy the evidence, for the disease disappears."

It has been four years since the complete healing came, and I have enjoyed activity and freedom. I attended the Annual Meeting of The Mother Church last year. It was a wonderfully inspiring experience.

I am grateful for the healing power Christian Science brings when rightly applied.

(Mrs.) EMILY M. ARCHER
Hermitage, Tennessee

Words of Current Interest

Related to the Lesson-Sermon
for June 6, 1976, in the
CHRISTIAN SCIENCE QUARTERLY
Subject: God the Only Cause and Creator

Who laid the foundations of the earth, that it should not be removed for ever (Ps. 104:5)

The New English Bible has, "Thou didst fix the earth on its foundation so that it never can be shaken."

Let the multitude of isles be glad (Ps. 97:1)

To the poets of Israel the word translated "isles" referred to coastal regions, generally along the Mediterranean, rather than to land completely surrounded by water.

To cause it to rain on the earth, where no man is; . . . to satisfy the desolate and waste ground (Job 38:26, 27)

Here the poet emphasizes God's care—without human intervention or supervision of any sort—of living things besides man

(e.g., desert animals and plants).

The earth is full of thy riches (Ps. 104:24)

The word translated "riches" comes from a Hebrew root meaning to "get" or "acquire"; but when used, as here, with reference to God, it quite often has the sense of "create." *The New English Bible* translates, "The earth is full of thy creatures."

In vain (Isa. 45:18)

The literal meaning of the Hebrew word *tohu*, translated "in vain" in this verse, and "without form" in Gen. 1:2, is formlessness, emptiness, confusion, or unreality; and so it came to mean chaos or waste. However, it was sometimes used adverbially in the sense of "to no purpose"; hence the rendering "in vain."

An expected end (Jer. 29:11)

That is, a goal, purpose, aim toward which life is directed. The Revised Standard Version has, "a future and a hope."

Cattle (Gen. 1:24)

This term is not, of course, employed here in the more modern sense of bovine animals, but represents a Hebrew word used to describe beasts or animals of all kinds. In Gen. 3:14 the same word is used and appears to include even the serpent.

The Lesson-Sermons contain Bible references (King James Version) and correlative passages from "Science and Health with Key to the Scriptures" by Mary Baker Eddy.

Christian Science Lectures



Everyone is cordially invited to these free lectures.

‡ Indicates Children's Room available during lectures. Details should be obtained locally.

ENGLAND

CAMBRIDGESHIRE—Cambridge: Church, 60 Panton St., 3 p.m., Sat., June 26. "The Power of God" (Rivas)

GREATER LONDON—Richmond: Church, Sheen Rd., 3 p.m., Sun., June 20.‡ "The Power of God" (Rivas)

KENT—Broadstairs (First, Margate): Upton County Primary School, Edge End Rd., 7.30 p.m., Thurs., June 24. "The Power of God" (Rivas)

LONDON—London (Eleventh): Porchester Hall, Porchester Rd., Queensway, 7.30 p.m., Tues., June 22.‡ "The Power of God" (Rivas)

UNITED STATES

(Week of June 6 to 12,
an earlier and a later date)

COLORADO—Denver (joint lecture): Red Rocks Amphitheater (in foothills just west of Denver), 11 a.m., Sat., June 12.‡ "Prayer-Power" (Crichlow)

CONNECTICUT—Mystic: Church, 5 Gravel St., 3 p.m., Sun., June 6.‡ "What Does It Mean to Be Saved?" (Pike)

[These lectures are given by members of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, U.S.A.]

Simsbury (First, Hartford): Simsbury High School, 34 Farms Village Rd., 3 p.m., Sat., June 12.‡ "What It Takes to Heal" (Spencer)

KENTUCKY—Louisville (joint lecture): See local notice for place. 8 p.m., Thurs., June 17.‡ "Ageless Youth" (Driver)

MAINE—Waterville: Church, 5 School St., 3 p.m., Sat., June 12.‡ "See It Like It Is" (Houston)

MASSACHUSETTS—Brockton: Church, 30 N. Main St., 3.30 p.m., Sun., June 6.‡ "Your Right to Be Right" (Pickett)

Duxbury: Intermediate School of Duxbury, St. George St., 2.30 p.m., Sat., June 12.‡ "Become What You Are!" (Rogers)

Plymouth: Church, 190 Court St., 3.30 p.m., Sun., June 6.‡ "How Secure Are You?" (Wavro)

Salem: Church, 16 Lynde St., 3.30 p.m., Sun., June 6.‡ "God's Power at Hand" (Alton)

Springfield (joint lecture): See local notice for place. 12 m., Sat., June 12.‡ "The Evidence: True or False?" (Tyc)

Winthrop: Church, 165 Winthrop St., 3.30 p.m., Sun., June 6.‡ "The Healing Method of Christian Science" (Spencer)

MICHIGAN—Detroit (Seventh): Church, 6908 W. Fort St. and Lewerenz, 3 p.m., Sat., June 12.‡ "Why Spiritual Healing?" (McClain)

NEW YORK—Brooklyn (Sixth): Brooklyn Woman's Club, 114 Pierrepont St., 12 m., Sat., June 12. "Peace Is Individual" (Linnig)

Setauket: Church, Nicoll Rd., 3 p.m., Sun., June 6.‡ "See It Like It Is" (Houston)

PENNSYLVANIA—Philadelphia (Second): Church, 5443 Greene St., Germantown, 11 a.m., Sat., June 12.‡ "What's Your Greatest Need?" (Alton)

Washington: Church, 600 Allison Ave., 2 p.m., Sat., June 5.‡ "Why Spiritual Healing?" (McClain)

RHODE ISLAND—North Kingstown: Church, 55 Tower Hill Rd., 3 p.m., Sat., June 12.‡ "Liberation Through Christ" (Anwandter)

THE CHRISTIAN SCIENCE TEXTBOOK

Science and Health with Key to the Scriptures by Mary Baker Eddy is the textbook of Christian Science. It is available in English, in English-Braille, and in Danish, Dutch, French, German, Greek, Indonesian, Italian, Norwegian, Polish, Portuguese, Russian, Spanish, and Swedish. It may be obtained from any Christian Science Reading Room, or ordered directly from MISS FRANCES C. CARLSON, Publisher's Agent, One Norway Street, Boston, MA, U.S.A. 02115.

THE CHRISTIAN SCIENCE PERIODICALS

The following periodicals were founded by Mary Baker Eddy, the Discoverer and Founder of Christian Science, and are published by The Christian Science Publishing Society, One Norway Street, Boston, MA, U.S.A. 02115:

THE CHRISTIAN SCIENCE JOURNAL: Monthly in English; \$12.00 a year, \$6.00 six months, \$1.00 a copy.

CHRISTIAN SCIENCE SENTINEL: Weekly in English; \$14.00 a year, \$7.00 six months, 35c a copy.

THE HERALD OF CHRISTIAN SCIENCE: Editions published monthly: French, German, Portuguese, Spanish. Each edition \$6.00 a year, 60c a copy. Editions published quarterly: Danish, Dutch, Greek, Indonesian, Italian, Japanese, Norwegian, Swedish. Each edition \$2.00 a year, 50c a copy. English-Braille, Grade Two, published quarterly, \$1.00 a year, 25c a copy.

CHRISTIAN SCIENCE QUARTERLY (Bible Lessons): Quarterly in English, Danish, Dutch, French, German, Greek, Indonesian (available only in Indonesia), Italian, Norwegian, Polish, Portuguese, Spanish, Swedish. Each edition \$2.50 a year, 75c a copy. *Readers'* size, \$3.00 a year, \$1.00 a copy; in English-Braille, Grade Two, with all citations from the Bible and *Science and Health* written out in full, \$2.50 a year (12 issues), 25c a copy.

THE CHRISTIAN SCIENCE MONITOR (regular daily editions): An international newspaper published daily, Monday through Friday, except legal holidays, in English; available to subscribers worldwide; \$40.00 a year, \$36.00 nine months, \$24.00 six months, \$12.00 three months, 25c a copy.

THE CHRISTIAN SCIENCE MONITOR (international weekly edition): An international newspaper published weekly in English; not available to persons living in the United States, Canada, or Mexico; \$37.50 eighteen months, \$25.00 a year, \$12.50 six months, 60c a copy.

You may subscribe for these periodicals directly from The Christian Science Publishing Society in Boston or obtain them from a Christian Science Reading Room in your community.

CONTRIBUTIONS

Contributions are most gratefully accepted by The Mother Church Treasurer from members and friends for the following funds:

General Purpose Fund

Fund for The Christian Science Monitor

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Please make all checks payable to MARC ENGELER, Treasurer, The First Church of Christ, Scientist, Christian Science Center, Boston, MA, U.S.A. 02115.

VISITORS WELCOME

FORMER HOMES OF MARY BAKER EDDY

1908–1910 *Chestnut Hill, Massachusetts*—400 Beacon Street. An exhibit traces Mrs. Eddy's role as Founder and Leader of our movement—preaching, teaching, writing, and commenting on issues still current.

Visiting Hours

May 1–October 31: 10 to 5 weekdays (including Saturdays);
2 to 5 Sundays

November 1–April 30: 10 to 4 Saturdays only; 2 to 5 Sundays

Closed all holidays except Memorial Day (last Monday in May) and
Bunker Hill Day (June 17)

1875–1882 *Lynn, Massachusetts*—12 Broad Street, where 100 years ago Mrs. Eddy completed her manuscript for *Science and Health with Key to the Scriptures*. It was while living here that Mrs. Eddy initiated many foundational steps in establishing the Christian Science movement. These include the formation of the Christian Scientist Association; the Church of Christ, Scientist; the Massachusetts Metaphysical College. Here also Mrs. Eddy was ordained as Pastor of her church.

Visiting Hours

May 1–October 31: 10 to 5 weekdays (including Saturdays);
2 to 5 Sundays

November 1–April 30: 10 to 3 Saturdays only; 2 to 5 Sundays

Closed all holidays except Memorial Day (last Monday in May)
and Bunker Hill Day (June 17)

CHURCH SERVICES AND READING ROOMS

A directory of all Churches of Christ, Scientist, and Christian Science Societies, including the hours of their services and information about their Reading Rooms, appears monthly in *The Christian Science Journal*.

The Mother Church

The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, is located near the corner of Massachusetts and Huntington Avenues.

The Church edifice is open to visitors Mondays through Fridays from 10 a.m. until 5 p.m., and Saturdays and Sundays from 12 noon until 5 p.m.

SERVICES

Sunday morning at 10:45, Sunday evening at 7:30 (evening service omitted during July and August), and Wednesday evening testimony meeting at 7:30.

Sunday services in Spanish are held in the Original Edifice at 9:30 a.m., and a testimony meeting in Spanish the first Wednesday of each month at 6 p.m.

A supervised Children's Room is provided during all Sunday church services and the Wednesday evening testimony meetings.

Sunday School for pupils up to the age of twenty at 10:45.

READING ROOMS

101 Belvidere Street (north end of Church Colonnade, Christian Science Center). Open Mondays through Fridays from 7:15 a.m. to 7 p.m., also Wednesdays from 8:30 p.m. to 9:30 p.m., Saturdays and holidays from 10 a.m. to 5 p.m., Sundays from 12 noon to 7 p.m.

194 Massachusetts Avenue (corner of Clearway Street). Open Mondays through Fridays 7:15 a.m. to 9 p.m., Wednesdays until 7 p.m., Saturdays from 8 a.m. to 5 p.m. Closed Sundays and holidays.

541 Boylston Street (across from Copley Square). Open Mondays, Tuesdays, Thursdays, and Fridays from 8 a.m. to 7 p.m., Wednesdays from 8 a.m. to 6 p.m., Saturdays and holidays from 10 a.m. to 5 p.m. (closed Thanksgiving, Christmas, and New Year's Day), Sundays from 1 to 5 p.m.

8 Milk Street (near Washington Street). *Jointly maintained with branch churches in the Greater Boston area.* Open Mondays through Fridays from 8 a.m. to 4:15 p.m., Saturdays from 9 a.m. to 1 p.m. Closed Sundays and holidays.

NOTICE TO CORRESPONDENTS

Officers of branch churches and individuals who have occasion to correspond with The Christian Science Board of Directors, with the Clerk and the Treasurer of The Mother Church, and with the heads of departments of The Mother Church Offices are requested *to place their complete addresses on their letters and to write their signatures plainly*. Women are requested to use the title "Miss" or "Mrs.," as the fact may be, and to use their given names. Your cooperation will be appreciated. General mail address for The Mother Church and its administrative offices is: The First Church of Christ, Scientist, Christian Science Center, Boston, MA, U.S.A. 02115. Telephone: 262-2300 (area code 617). Cable: Church, Boston.

LECTURE NOTICE

Detailed information regarding lectures in the United States and Canada must reach the Journal, Sentinel, and Herald Editorial Department *nine weeks* before the week in which the lecture is to be given in order to ensure publication in the *Sentinel*. Information regarding lectures in other countries must reach the department *ten to fourteen weeks* before the week of the lecture. When lectures are to be radiocast, it should be so stated, station and frequency being included. When Children's Room facilities are to be available, this also should be stated.

The receipt of all information from the United States and Canada is acknowledged by the Editorial Department. If an acknowledgment is not received within two weeks, a duplicate notice should be forwarded.

For lecture announcements to be published in the *Herald*, please refer to information on the back of the Lecture Information forms supplied to branch churches.

A REASON TO JOIN THE MOTHER CHURCH

The way opens for greater understanding as you acknowledge a deeper commitment to Christian Science. Belonging to The Mother Church helps you to feel this commitment.

You are warmly invited to apply for membership at any time. Applications are acted on twice each year—in June (applications due by May 1) and in November (applications due by October 1).

You may obtain an application from any Christian Science Reading Room, branch church or society, from a member of The Mother Church, or from a Christian Science practitioner listed in *The Christian Science Journal*. Or you may write directly to GEORGE W. LEDBETTER, Clerk, The First Church of Christ, Scientist, Christian Science Center, Boston, MA, U.S.A. 02115.

INTERNATIONAL MONEY ORDERS AND DOLLAR DRAFTS

International money orders and dollar drafts reaching the Publishing Society in Boston contain only the name and address of the sender and the amount. To help us serve you better, will you please write to us at the time you purchase the money order or dollar draft and tell us what your remittance is for. This will enable us to avoid the delay caused by the necessity of writing to you. Dollar drafts purchased from your local bank can be processed more quickly than international money orders.

A CONTINUING INVITATION

Members of The Mother Church are invited to write articles and poems for the periodicals. Convincing testimonies of healing are also welcomed from members, as well as from those who have not yet joined The Mother Church.

Specific guidelines may be obtained by writing The Christian Science Publishing Society, Journal, Sentinel, and Herald Editorial Department, One Norway Street, Boston, MA, U.S.A. 02115. Manuscripts should be sent to the same address.

All contributions accepted for publication become the sole property of The Christian Science Publishing Society.

SUBMITTING TESTIMONIES

Convincing testimonies of healing in Christian Science are welcomed for publication from members of The Mother Church and from students who are not members. If possible, they should be typed, triple spaced, on one side of the paper only and with wide margins. A testimony should be concise and include only the important points necessary to tell of the healings. Thus more testimonies can be published. Testimonies should be signed by the testifier and verified by three members of The Mother Church who can vouch for the integrity of the testifier or have witnessed the healings. If the testifier is unacquainted with three members, his affidavit may be sufficient, but in this case he should, if possible, obtain verification from one or two members. The testifier should submit the verifications with the testimony. Complete addresses of the testifier and his vouchers should be furnished.

All contributions accepted for publication become the sole property of The Christian Science Publishing Society.

Testimonies should be addressed to The Christian Science Publishing Society, Journal, Sentinel, and Herald Editorial Department, One Norway Street, Boston, MA, U.S.A. 02115.

TESTIMONY MEETINGS

Meetings at which testimonies of Christian Science healing are given are held in Christian Science churches on Wednesdays. A cordial invitation to attend these meetings, as well as the Sunday services, is extended to all. Information telling where and when these are held is given in the Directory in *The Christian Science Journal*.

CHRISTIAN SCIENCE PRACTITIONERS

Public practitioners of Christian Science are available and ready to assist you by prayer, if you need their help. A worldwide list of those who are professionally engaged full time in this healing work can be found in *The Christian Science Journal*. This periodical is obtainable at any Christian Science Reading Room. For a Reading Room in your locality see telephone directory.

MOVING OR VACATIONING?

Here's how you can receive the best service on a permanent or temporary change of address for your subscription to any Christian Science periodical.

Send the Circulation Department the following information:

- (1) Full name (as it reads on your subscription label), former address, name of each periodical you want changed, and whether on Convenient Payment Plan. *It is always best to include mailing labels from the periodicals involved, when possible.*

- (2) New address including street, city, state, country, ZIP or post code.

Changes for *The Christian Science Monitor* can be handled within two weeks from the date received, and should be for periods of no less than two weeks. For the other Christian Science periodicals it is best to allow six weeks, and it is most practical that changes be for at least one month.

Send the above information for subscription changes to The Christian Science Publishing Society, Circulation Department, One Norway Street, Boston, MA, U.S.A. 02115.

Please note that changes in permanent mailing addresses for the membership records of The Mother Church are *not* covered by requests to the Circulation Department for subscription changes. For address changes in the Church files members should notify The First Church of Christ, Scientist, Clerk's Department, Christian Science Center, Boston, MA, U.S.A. 02115.

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Write to either of the following:

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Boston, MA, U.S.A. 02115**

**Department of Care
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A basis for better healing

You can heal. But it takes understanding of God's law of good. And living consistently with that law.

Within the few short pages of *Unity of Good* you can learn about the basis of Christianly scientific healing. In this book, Mary Baker Eddy reasons simply, yet profoundly, with the reader. She helps him understand how God in His infinite goodness and grace cares for His children. When this understanding becomes the basis of the reader's every thought and deed, healing results.

Unity of Good, together with another book by Mrs. Eddy, *Rudimental Divine Science*, comes in paperback at \$1.50. A three-unit cassette of *Unity of Good* alone is \$18. Both are available at Christian Science Reading Rooms. Or order directly from:

Miss Frances C. Carlson, Publisher's Agent
One Norway Street, Boston, Massachusetts, U.S.A. 02115